

Abstract

Title: A systematic review of pain assessment tools

Objectives: The aim of this thesis is to create a systematic review of the most widely used multidimensional tools (questionnaires) for assessing pain in patients with nonspecific pain of the cervical and lumbar spine. From the available sources, describe their use, the purpose it was generated for, their reliability, validity, and finally arrange the questionnaires from the most used and assess their advantages and disadvantages for use in clinical practice of physiotherapist.

Method: The thesis is processed through a systematic review. The subject of the thesis are pain evaluating tools, especially in the cervical and lumbar spine. The studies containing questionnaires used to assess pain in the cervical and lumbar spine were searched out. Data extraction was carried out according to pre-specified criteria. Unsatisfactory studies were excluded. After the relevant questionnaires selection a content analysis of each tool was conducted, built a systematic review of the most commonly used questionnaires and their critical evaluation.

Results: On the basis of the entire set of relevant studies I described and evaluated 14 questionnaires. Five of them are designed specifically for low back pain. They are the Roland Morris Disability Questionnaire, Oswestry Disability Questionnaire, Fear Avoidance Beliefs Questionnaire, Quebec Back Pain Disability Scale, Bournemouth Questionnaire for back pain. Three of them were designed exclusively for review of problems in the cervical spine (Neck Disability Index, The Neck Pain and Disability Scale, Bournemouth Questionnaire for neck pain). Seven general questionnaires were suitable professional assessment of a diverse range of disease diagnoses (SF-36 Questionnaire, EuroQol Five Dimensions, McGill pain questionnaire, Nordic Musculoskeletal Questionnaire, Chronic Pain Grade Questionnaire, Brief Pain Inventory, Pain Disability Index). In clinical practice, the most often used specialized questionnaires are Roland - Morris Disability Questionnaire used for evaluation of low back pain, Neck Disability Index, which is used for the cervical spine. As the most suitable for use in clinical practice, I found the short form questionnaire Brief Pain Inventory because it is short, easy to understand. As described in detail the severity of

the pain character as well as its intervention to the wide spectrum of dimensions of everyday life.

Key words: pain, pain assessment, pain questionnaire, pain rating scale, assessment tools for low back pain, assessment tools for neck pain.